

ABSTRACT

The object of the invention is to provide a composition for prevention and/or amelioration of life-style related disease, and/or a composition for inhibition and/or amelioration of increase in body weight, comprising at least one compound selected from the group consisting of glabrene, glabridin, glabrol, 3'-hydroxy-4'-O-methylglabridin, 4'-O-methylglabridin and hyspaglabridin B as compounds having a PPAR γ ligand activity effective in amelioration of insulin resistance and in prevention and/or amelioration of life-style related diseases such as visceral fat obesity, type 2 diabetes, hyperlipemia and hypertension, which can be utilized in food and drink such as health food and health functional food (food for specified uses and food with nutrient function), pharmaceutical preparations, non-pharmaceutical preparations, cosmetics etc. At least one compound selected from the group consisting of glabrene, glabridin, glabrol, 3'-hydroxy-4'-O-methylglabridin, 4'-O-methylglabridin and hyspaglabridin B is dissolved in medium-chain fatty acid triglycerides and/or partial glycerides, whereby the stability of the compound(s) is improved and the processability thereof into food and drink, pharmaceutical preparations, non-pharmaceutical preparations, cosmetics etc. is also improved.